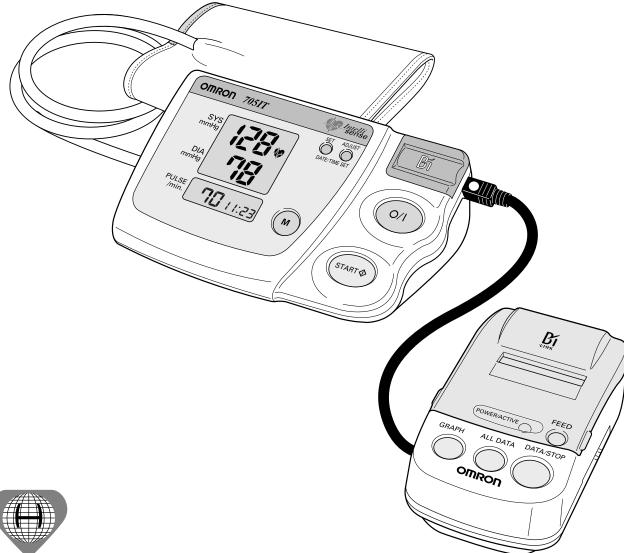


705CP-II

Automatic Blood Pressure Monitor & Printer



The World Hypertension League recommends regular blood pressure monitoring with clinically validated devices.

Instruction manual Gebrauchsanweisung Gebruiksaanwijzing

All for Healthcare

page 1 Seite 23 pagina 45 Mode d'emploi Istruzioni per l'uso Instrucciones de uso page 67 pagina 89 pagina 111

IM-HEM-759-E2-02-10/2011 1628532-8F

Contents	Blood pressure monitor Important instructions to help you obtain
	meaningful readings.2Your blood pressure monitor: the benefits.3Battery installation / replacement.4How to set time and date.5How to apply the cuff.6How to take a reading.8How to use the memory function.10Hints on taking blood pressure readings.11Failure, causes and rectification.12Maintenance and storage.13Technical data.14OMRON spare parts.15Some useful information about blood pressure.16
	PrinterIntroduction.18Description of the printer.18Battery installation/ replacement.18How to connect printer unit.19How to load printer paper.19How to use the printer unit.20Troubleshooting.22Specifications.22
Dear Customer	Thank you for purchasing an OMRON product. You can be sure you have made a wise choice. By buying the OMRON 705CP-II blood pressure monitor and printer, you have chosen a high-quality, innovative instrument for health monitoring. During its develop- ment, particular emphasis was placed upon reliability and ease of use. Before using for the first time, please read through this manual carefully. If you should still have any questions regarding its use, please contact the OMRON distributor at the given address on the packaging. They will be pleased to help you.
	Best wishes for a healthy future. Yours sincerely, OMRON HEALTHCARE

705CP-II English



The World Hypertension League recommends regular blood pressure monitoring by doctors and patients with clinically validated devices

Importan<u>t</u> instructions to help you obtain meaningful readings





Regular blood pressure monitoring is essential for the prevention, the control and the management of hypertension. It also helps to support the doctors' work.

The World Hypertension League is a world-wide association of experts specialising in hypertension. The World Hypertension League recommends regular blood pressure monitoring by doctors and patients with clinically validated devices.

As the worlds leading manufacturer OMRON provides a range of products for regular blood pressure monitoring.

- **Important:** Blood pressure measurement is not suitable in cases of serious arteriosclerosis (hardening of the arteries).
- The pulse display is not suitable for monitoring the frequency of cardiac pacemakers.
- If you suffer from disorders of heart rhythm, known as arrythmia, you should only use this blood pressure monitor in consultation with your doctor. In certain cases the oscillometric measuring method can produce incorrect readings.
- Pregnant women should only measure their own blood pressure in consultation with their doctor, since the readings may be changed by pregnancy.
- You should avoid eating, drinking (alcohol), smoking and sports before measuring your blood pressure, as this could affect your blood pressure level.
- <u>Don't</u> <u>move</u>, <u>don't</u> <u>speak</u> while measurement is being taken.
- Make yourself comfortable in a chair and relax before each reading.
- We recommend that you monitor your blood pressure twice a day, in the morning after getting up and in the evening after work, or as advised by your doctor.
- Please remember: Self-measurement is not the same as medical treatment !

You should never change the dose of medicines prescribed by your doctor.

705CP-II English

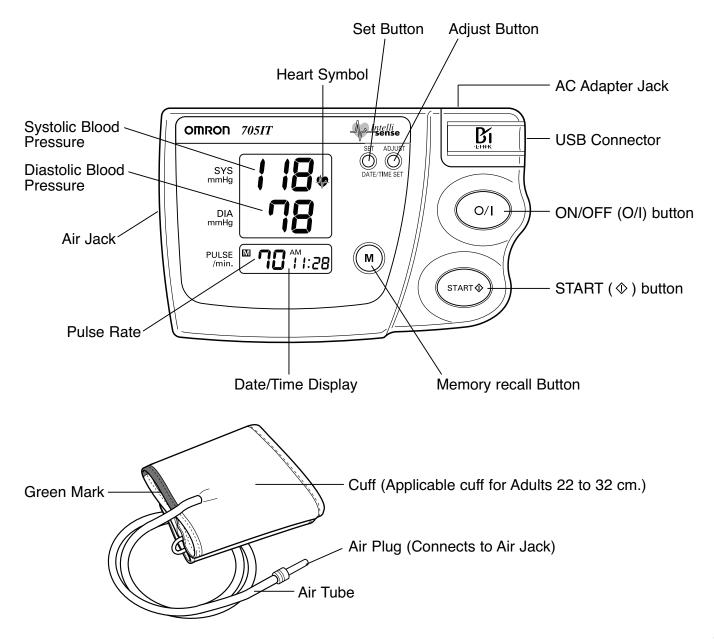
Your blood pressure monitor: the benefits

OMRON 705CP-II is a compact, fully automatic blood pressure monitor, operating on the oscillometric principle. It measures your blood pressure and pulse rate simply and quickly. It contains an intelligent "fuzzy

logic" system for controlled inflation, known as "Intellisense". This is an advanced method of oscillometric

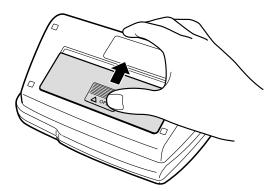


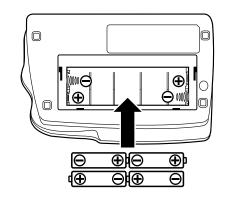
measurement and does not require pressure presetting or re-inflation. OMRON is the world's leading manufacturer of blood pressure monitors with the goal to always fulfill the need for reliable regular monitoring.

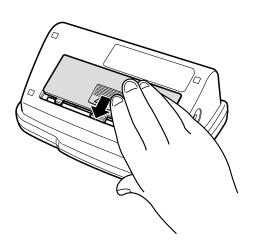


705CP-II English

Battery installation / replacement







Slide the battery cover off in the direction of the arrow.

 Install or replace 4 "LR6" batteries so the + (positive) and – (negative) polarities match the polarities of the battery compartment as indicated.

B Replace the battery cover.

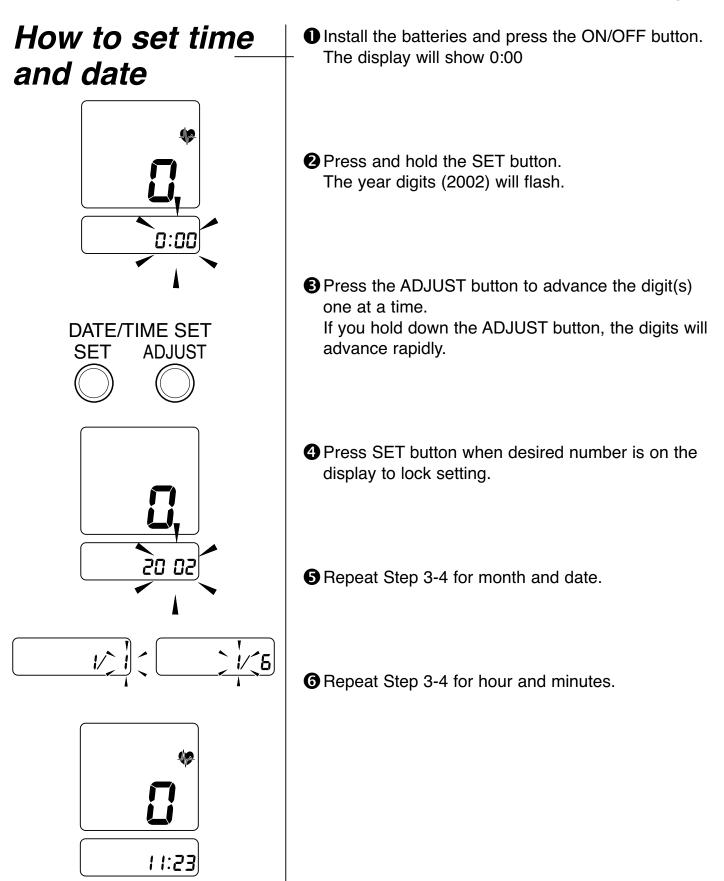
NOTES :

If the Low Battery Indicator (🖾) appears on the display, replace all four batteries. Long-life alkaline batteries are recommended.

Remove the batteries if the monitor will not be used for an extended period of time.

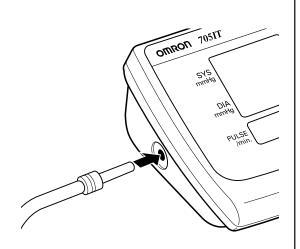
Replace batteries within 30 seconds. If the batteries remain removed longer than that time, the set date and time will be deleted.

705CP-II English

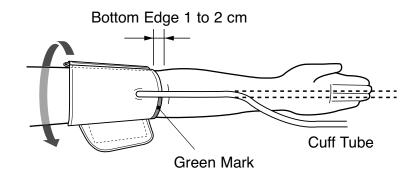


How to apply the cuff

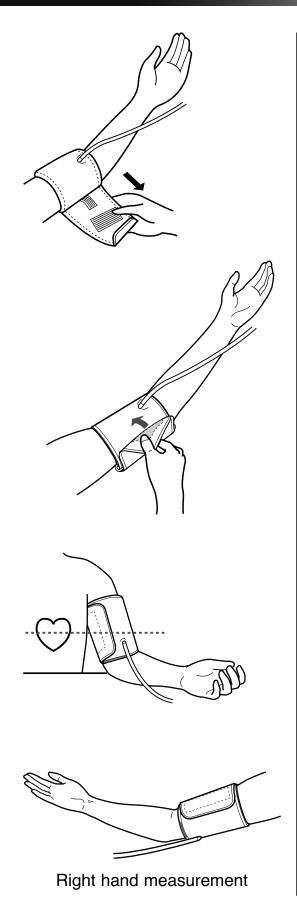
(when wrapping on your left arm)



- You can wrap the cuff either on your right or left arm.
- Insert air tube to air jack (on the left side of the divice). The cuff must be airless.
- Remove tight-fitting clothing from your upper arm.
- Sit in a chair with your feet flat on the floor and place your arm on a table so that the cuff is at the same level as your heart.
- Put your arm through the cuff loop. The bottom of the cuff should be approximately 1 to 2 cm above the elbow. The green marker on the cuff should lie over the brachial artery on the inside of the arm. The tube should run down centre of arm approximately even with middle finger.



705CP-II English



- S Pull the cuff so that the top and bottom edges are tightened evenly around your arm.
- **6** When the cuff is positioned correctly, close the velcro fastener FIRMLY.
- Make certain the cuff fits snugly around your arm. The cuff should make good contact with your skin.
 You should be able to fit your index finger between the cuff and your arm easily, so you can pull the cuff off and on.

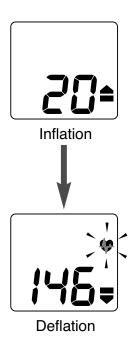
13 Relax your arm and turn your palm upward.

9 Be sure there are no kinks in the air tubing.

How to take <u>a</u> reading







Press the (O/I) button.

- a) All display symbols appear for approximately one second.
- b) When the monitor becomes ready to measure, the (\$\$\Phi_\$) symbol appears on the display.

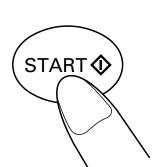
2 Press the (START Φ) button and remain still.

As the cuff begins to inflate, the monitor automatically determines your ideal inflation level. Because this monitor detects the pulse even during inflation, do not move your arm but remain still until the entire measurement completes.

- If you want to stop the inflation or measurement, press the (O/I) button. The monitor will stop inflating and start deflating rapidly, then the monitor will turn off.
- **B** Inflation stops automatically and measurement is started.

As the cuff slowly deflates, decreasing numbers appear on the display and the (.) symbol flashes at every heartbeat. In rare circumstances, a higher inflation may be necessary. In those cases, the monitor reinflates the cuff up to 30 mmHg higher than initial inflation and restarts the measurement.





Continue to press button

When the measurement is complete, the cuff completely deflates and your blood pressure and pulse rate are displayed.

NOTE :

The monitor automatically stores blood pressure and pulse rate into the memory.

• When 28 sets of readings are stored in memory, the oldest set will be deleted to store a new set.

S Press the (O/I) button to turn the monitor off.

NOTE :

If you forget to turn the monitor off, it will automatically shut itself off after five minutes.

Instructions for special conditions:

NOTE :

Do not apply more pressure than necessary.

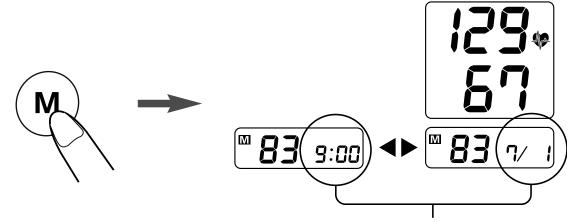
The monitor will not inflate above 300 mmHg.

705CP-II English

How to use th<u>e</u> memory function

This monitor has a memory capable of storing 28 sets of readings. Every time you complete the measurement, the monitor automatically stores blood pressure and pulse rate.

- Turn on the monitor by pressing the (O/I) button.
- Press the (M) button to recall stored readings while the (M) symbol is displayed.

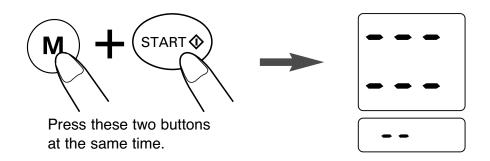


Date and Time of stored readings will be alternately displayed.

 To delete all the stored readings, press the (M) button and the (START ◊) button simultaneously.

NOTE :

You can not delete the stored readings partially.



Hints on taking blood pressure readings

- Before measuring, stretch your back and sit up straight, breath normally 5-6 times, relax your shoulders, arms and entire body.
- Slightly bend and support your elbow (e.g. on a table).
- Do not move, talk or touch the device during measurement.
- Stress influences your blood pressure, so try to relax before taking a measurement.
- To compare results, measurements must always be taken from the same arm.
- Do not place the cuff over thick clothes and do not roll up your sleeve if it is too tight.
- Align the cuff with the height of your heart (breast height). If necessary use a pillow or cushion.
- Coldness raises your blood pressure. It is recommended to measure at room temperature (+20°C).
- Relax before measurement. If necessary go to the bathroom before measurement.
- · Do not measure directly after bathing.
- If you wish to interrupt measurement prematurely, press the (O/I) button. Inflation is stopped and the air is automatically released from the cuff.
- Blood pressure measurements taken in a moving vehicle may be influenced by vibration.
- If an error has occurred during measurement *E* is displayed. Please refer to the next chapter.
- The monitor should be switched off after measurement to avoid running down the batteries unnecessarily. If you forget to do so, the monitor switches itself off automatically after 5 minutes.



Failure, causes and rectification

Failure and their possible causes	Rectification
Incorrect measurement is indicated by E	
 A correct reading could not be obtained because measurement was disturbed by movement of the body. 	 Repeat the measurement keeping perfectly still. Do not move your arm and do not speak.
2. The cuff is not fitted correctly.	Check that the cuff is correctly fitted. Then repeat the measurement.
Your clothing has constricted your blood flow.	Remove the item of clothing which caused the constriction.
 There is still air in the cuff when the monitor is switched off. 	 The unit may be defective. Please have it examined and, if necessary, repaired by OMRON.
The (START \otimes) button was pressed before the () symbol was displayed.	Wait for the (<a>Phi symbol indicating readiness before you press the (START <a>) button.
The blood pressure values displayed are extremely low or high, or they are implausible.	Refer to the instructions and then repeat the measurement.
The display does not light up when the (START \odot) button is pressed.	
1. The batteries are exhausted.	 Check the batteries and, if necessary, fit 4 new batteries.
 The +/- poles of the batteries have been reversed. 	 Reinsert the batteries with the +/- poles the right way round.
3. The battery contacts are dirty.	3. Clean the battery contacts with a dry cloth.
☆ The batteries are weak or exhausted.	Fit new batteries.
The cuff pressure does not rise although the pump motor can be heard.	Check that the air tube is properly connected to the monitor. Push the tube connector firmly into the socket.
Er problem with mem. function <i>12</i>	Contact your Omron retailer or distributor.

Maintenance and storage

• For cleaning the monitor only use a soft, lightly moistened cloth.

Do not use petroleum spirits, thinners or similar solvents !

- Stains on the cuff can be carefully removed using a moist cloth and soapy water.
 Do not wash the cuff or make it wet !
- Keep your blood pressure monitor in the storage case to protect it from dust and moisture.
- Protect your monitor against vibrations and do not leave it in a place where temperatures are extremely low (below -20°C) or extremely high (above 60°C) or with high humidity (+ 85%).
- Do not use your monitor at very low temperatures (below 10°C) or very high temperatures (above 40°C).
- Do not fold the cuff or air tube together too tightly and do not crease them.
- Do not carry out repairs of any kind yourself. If a defect occurs, consult the OMRON distributor or Customer Services or seek the advice of your surgical appliance stockist or pharmacist.
- The accuracy of this blood pressure monitor is designed to last a long time.
- In order to increase the lifetime of the batteries take them out when you store the device for a longer period than 2 months.
- Electro-magnetic fields can influence the measurement. Do not use a portable phone near this unit.

Technical data This device fulfils the provisions of the EC directive 93/42/EEC (Medical Device Directive). This blood pressure monitor is designed according to the European standard EN1060, Non-invasive sphygmomanometers Part 1: General requirements and Part 3: Supplementary requirements for electromechanical blood pressure measuring systems. This OMRON product is produced under the strict quality system of OMRON HEALTHCARE CO. LTD., Japan. The Core component for OMRON blood pressure monitors, which is the Pressure Sensor, is produced in Japan. Model: OMRON 705CP-II LCD digital display Display: Pressure: 0 mm Hg to 299 mm Hg **Blood Pressure** Measurement Range: Pulse: 40 - 180/min. Pressure: ±3 mm Ha Accuracy: Pulse: ±5% of reading Memory: 28 measurements Fuzzy-Logic controlled by electric pump Inflation: Deflation: Automatic pressure release valve Pressure Detection: Capacitive pressure sensor Measurement Method: Oscillometric method Power Source: 4 Alkaline batteries 1.5V (Type LR6) or AC/DC adapter (optional, 6V = 4W) Capacity of new batteries is approx. 300 measurements Battery Life: 10°C to 40°C **Operating Temperature:** -20°C to 60°C Storage Temperature: 15 to 90% RH maximum Humidity: Storage humidity: 10 to 95% RH maximum **Console Weight:** Approximately 380g without batteries **Outer Dimensions:** Approximately 115 (I) mm x 177 (w) mm x 71 (h) mm Cuff Dimensions: Approximately 140 mm x 480 mm (arm circumference 22 – 32 cm)

Accessories:

Made in China NOTE: Subject to technical modification without prior notice

Medium cuff, instruction manual, storage case, battery

• Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.

set



CE 0197

OMRON spare parts



AC adapter



Small cuff Arm circumference 17 – 22 cm



Medium cuff Arm circumference 22 – 32 cm



Extra large cuff Arm circumference 32 – 42 cm

Calibration

The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life. It is generally recommended to have the monitor inspected every two years to ensure correct functioning and accuracy. Please consult your authorised dealer or the OMRON Customer Service at the address given on the packaging/attached literature.

OMRON devices are especially designed for regular blood pressure monitoring. OMRON therefore has direct contact with medical specialists and takes advice, on the design and features of its blood pressure monitors.

Spare parts & accessories

Due to high company quality standards, OMRON considers the main unit as a non-serviceable part because of the necessity of proper calibration after replacement of high-tech components.

Some useful information about blood pressure

What is Blood Pressure ?

Blood pressure is a measure of the force of blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the heart's cycle. The highest pressure in the cycle is called the SYSTOLIC BLOOD PRESSURE; the lowest is the DIASTOLIC BLOOD PRESSURE. Both pressure readings, the SYSTOLIC and DIASTOLIC, are necessary to enable a doctor to evaluate the status of a patient's blood pressure.

Many factors such as physical activity, anxiety, or the time of day, can influence your blood pressure. Blood pressure is typically low in the morning and increases from afternoon to evening. It is lower in the summer and higher in the winter.

Blood pressure is measured in millimetres of mercury (mmHg) and measurements are written with the systolic pressure before the diastolic e.g. A blood pressure written as 140/90, is referred to as 140 over 90 mmHg.

High Blood Pressure

The discovery that you have high blood pressure is more often than not a chance finding. People with high blood pressure usually feel well unless the blood pressure has been high for some time, and complications have occurred. Such complications may effect the heart, brain and other important organs. They may bring on ill health and affect your enjoyment of life. It is because of the complications, rather than the high blood pressure itself, that this condition is taken so seriously today.

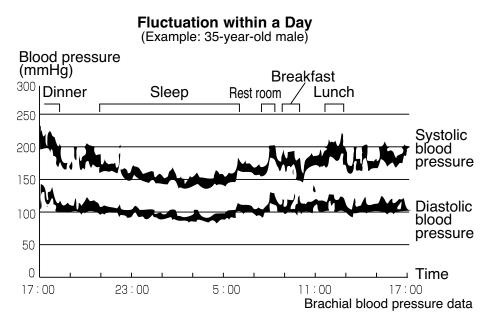
High blood pressure is sometimes referred to as raised blood pressure, elevated blood pressure, or hypertension. Most people with this condition require regular long-term drug treatment, usually in the form of tablets. Some can lower their blood pressure sufficiently by other means, such as changing diet and life-style. People who have high blood pressure, and who also understand their condition, have

an advantage. They are more likely to attend for regular check-ups, to cooperate with advised diets and changes in lifestyle, and to take medicines correctly. This immediately leads to better health. It is hoped that, by a better understanding of high blood pressure and how it is treated, you will take an active and informed part in your health care, and so enjoy a better quality of life.

What Causes High Blood Pressure ?

Blood pressure is only classed as high if it doesn't go down when you rest. Permanently raised blood pressure can be caused by several factors such as hardening of the arteries, smoking or drinking too much alcohol. It can also be caused by cholesterol, a type of fat, building up inside your blood vessels and making them narrower. Being under stress can add to the problem.

High blood pressure is also known to run in families hence if you find you have a high blood pressure it is a good idea to test other closely related members of your family.



Why is it a Good Thing To Measure Blood Pressure at Home ?

Having your blood pressure measured by a doctor can cause anxiety which is a cause itself of high blood pressure. As a variety of conditions affect blood pressure, a single measurement may not be sufficient for an accurate diagnosis.

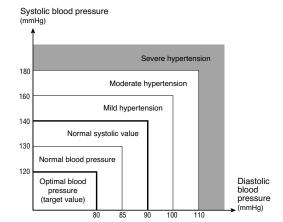
The blood pressure measured first thing in the morning after getting up, before eating and while at rest, is known as the fundamental blood pressure. In practice it is rather difficult to record the fundamental blood pressure, but it is important to get readings in an environment that is as close as possible to this.

Classification of Blood Pressure by the World Heath Organization

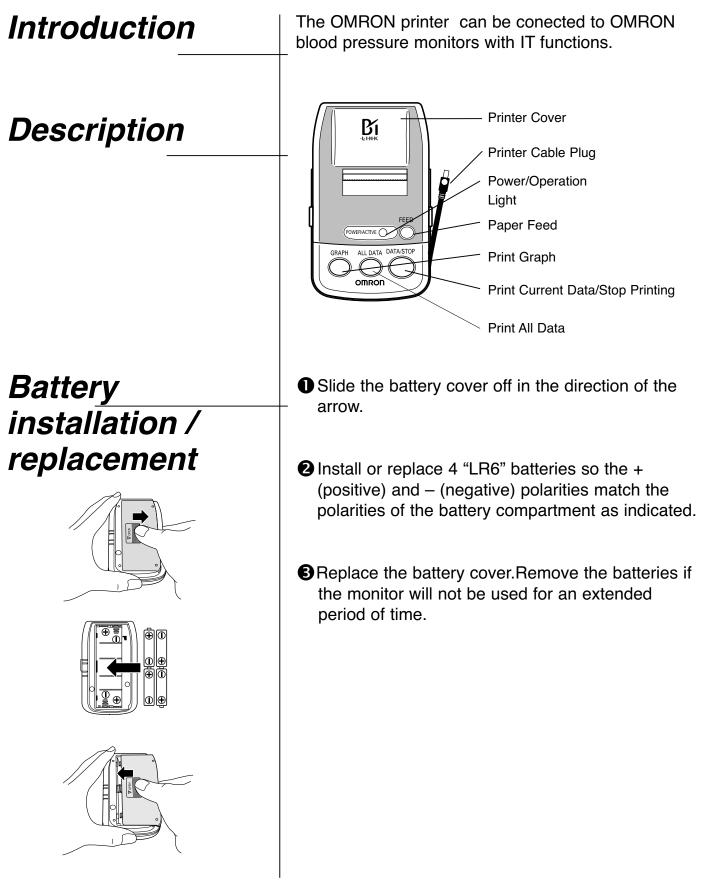
The World Health Organization (WHO) and the International Society of Hypertention (ISH) developed the Blood Pressure Classification shown in this figure.

This classification is based on the blood presure values measured on people in a sitting position in outpatient departments of hospitals.

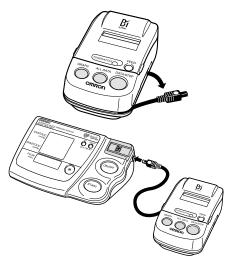
*There is no universally accepted definition of hypotension. However, those having the systolic pressure below 100 mmHg are assumed as hypotensive.



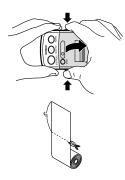
According to the blood pressure classification by the WHO/ISH* (revised in 1999) * International Society of Hypertension



How to connect the printer unit



How to load the printer paper









1 Remove printer cable plug from the printer unit.

Connect printer cable plug cord to the main unit. The circle on the cable plug should face up.

- Open printer cover in the direction indicated by the arrow symbol and remove paper roll from the main unit.
- Peel of the glued edge of the printing paper included with the unit, and cut the first 10 cm (4 inch) with a pair of scissors.
- Press the FEED button while inserting the edge of the printing paper into the paper feeding slot. When the edge of the paper protrudes sufficiently, release the FEED button.
- Close the plastic printer cover. Make certain that the paper sticks out from the top when the cover is replaced.
- Thermal sensitive paper is supplied with the unit. Use only thermal paper of similar size (width approx. 38mm) and roll diameter (not to exceed approx. 26mm)! These rolls of paper can be ordered from OMRON. Printer paper can be ordered by your OMRON shop or distributor.

705CP-II English

readings

How to use the printer	 OMRON IT blood pressure monitors have the ability to print all the readings stored in memory. NOTE: Make sure printer-unit is connected to main unit (see How to Connect Printer-Unit) Do not use printer-unit without loading printer paper (see How to Load Printer Paper). Improper use will decrease operation life cycle of printer-unit. Main unit does NOT have to be ON to operate printer-unit. Printer-unit will automatically shut OFF when printing is completed. If you need to stop printing during printing process, press "DATA/STOP" button.
	Press "DATA/STOP" to print measurement of most recent reading. The numeric print-out will look like the following example:
	Month/Date 7/9 6:36 AM Time Systolic Reading SYS 111mmHg Diastolic Reading DIA 67mmHg Pulse Reading PULSE 77/min
	Press "ALL DATA" button to print a numerical list and average of all stored readings (maximum depending on your blood pressure monitor). The numerical print-out will list all stored readings starting with the most recent reading to last stored reading:
	Systolic Reading Diastolic Reading Column Column
Month(s) —	3-6 mmHg /min Pulse Reading D. T. SYS DIA PUL Column
Date — Time/Hour —	$\begin{array}{c ccccccccccccccccccccccccccccccccccc$
	$ \begin{array}{cccccccccccccccccccccccccccccccccccc$
	$\begin{array}{cccccccccccccccccccccccccccccccccccc$

*AV.

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Month(s)

The month or months will be printed.

Example: If the blood pressure reading was stored between months March-June, then the printout will indicate "3-6".

Date

Only the day's date (1-31) will be printed. Example: If the blood pressure reading was stored on June 1st, then the printout will indicate 1 under the "D" column.

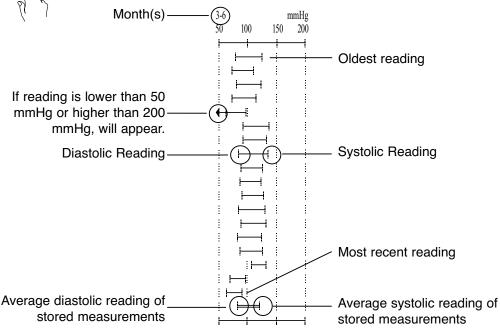
• Time/Hour

Only the hour (in military time) will be printed. Example: if the blood pressure reading was stored at 3:00 PM, then

the printout will indicate 15 under the "T" column.

Note: If Time and Date was not initially set up before taking blood pressure measurement (see How to Set Time and Date) on printer-unit, the numerical value will not appear on print-out for month, time/hour and date.)

Press "GRAPH" button to print a graph of all stored readings





Troubleshooting

Error Indicator	Cause	Correction
	Printer cable plug is not connected properly or damaged	Connect correctly reference p.10 Contact your OMRON distributor.
Nothing is printed	Batteries are worn	Replace with new batteries
	No readings stored	Take measurement then print
	Printer paper is not installed correctly	Install correctly
Power/Operation light is blinking, stopped printing	Batteries are worn	Replace with new batteries
No printer paper comes out	No printer paper installed Printer paper jammed	Take paper jammed from the printer and install again
	Ran out of printer paper	Purchase new printer paper

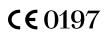
Specifications

Power Source:	4 "AA" batteries
Battery Life:	Approximately 300 uses
Paper Usage:	Approximately 200 uses for 1 roll
(Printer) Weight:	Approximately 6 oz. (170 g) (not including batteries)
(Printer) Dimensions:	Approximately 4 $\frac{4}{5}$ " (I) x 2 $\frac{4}{5}$ " (w) x 2" (h)
	(123 mm x 72 mm x 50 mm)

NOTE: These specifications are subject to change without notice.

EU-representative:

OMRON HEALTHCARE EUROPE B.V. Scorpius 33, 2132 LR Hoofddorp THE NETHERLANDS



Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.



Manufacturer	OMRON HEALTHCARE Co., Ltd. 53, Kunotsubo, Terado-cho, Muko, Kyoto, 617-0002 JAPAN
EU-representative EC REP	OMRON HEALTHCARE EUROPE B.V. Scorpius 33, 2132 LR Hoofddorp, THE NETHERLANDS www.omron-healthcare.com
Production facility Produktionsstätte Productiefaciliteit Site de production Oficina de producción Stabilimento di produzione	OMRON (DALIAN) CO., LTD. Dalian, CHINA
Subsidiary Niederlassung Dochteronderneming Succursale Empresa filial Consociata	OMRON HEALTHCARE UK LTD. Opal Drive, Fox Milne, Milton Keynes, MK15 0DG, U.K.
	OMRON MEDIZINTECHNIK HANDELSGESELLSCHAFT mbH John-Deere-Str. 81a, 68163 Mannheim, GERMANY www.omron-medizintechnik.de
	OMRON SANTÉ FRANCE SAS 14, rue de Lisbonne, 93561 Rosny-sous-Bois Cedex, FRANCE Uniquement pour le marché français: OMRON Service Après Vente Nº Vert 0 800 91 43 14 consommateurs@omron-sante.fr www.omron-sante.fr/contact

Made in China Hergestellt in China Geproduceerd in China Fabriqué en Chine Fabricado en China Prodotto in Cina